

WHAT IS CLAIMED IS:

1. A method of operating a facility having beds, comprising:
 - after departure of a user of a bed of said facility, removing used bedding from said bed;
 - irradiating bedding with narrow spectrum radiation to obtain sanitized bedding; and
 - making up said bed with said sanitized bedding.
2. The method of claim 1 wherein said sanitized bedding comprises at least one of a blanket, a pillow, and a bedspread.
3. The method of claim 2 wherein said bedspread is a duvet.
4. The method of claim 2 wherein said facility is a hotel.
5. The method of claim 2 wherein said facility is a hospital.
6. The method of claim 2 wherein said facility is an airplane and said bed is a reclinable seat on said airplane.
7. The method of claim 2 wherein said irradiating with narrow spectrum radiation comprises exposing said bedding to ultraviolet radiation.
8. The method of claim 7 further comprising circulating air about said bedding while exposing said bedding to ultraviolet radiation.
9. The method of claim 7 wherein said bedding comprises compressible bedding and further comprising repetitively compressing and relaxing said compressible bedding while exposing said compressible bedding to ultraviolet radiation.
10. The method of claim 9 wherein said compressible bedding comprises a pillow.

11. The method of claim 10 wherein said compressing compresses said pillow to about one-half a height of said pillow, when uncompressed.
12. The method of claim 7 wherein said bedding comprises a blanket or a bedspread and wherein said exposing said bedding to ultraviolet radiation comprises moving an ultraviolet light along opposite sides of said blanket or bedspread at a stand-off from said blanket or bedspread.
13. The method of claim 12 further comprising draping said blanket or bedspread over a support prior to exposing said bedding to ultraviolet radiation and wherein said exposing said bedding to ultraviolet radiation includes moving an ultraviolet light under said support.
14. The method of claim 1 wherein said removing and making-up occurs every time a new user of said bed departs.
15. The method of claim 1 wherein said irradiating comprises irradiating said used bedding.
16. The method of claim 1 wherein said irradiating comprises irradiating bedding other than said used bedding.
17. A method of operating a facility having rooms with beds, comprising:
after departure of a user of a bed in a room of said facility, removing used bedding from said bed;
irradiating bedding with narrow spectrum radiation to obtain irradiated bedding; and
replacing said used bedding with said irradiated bedding.
18. A sanitizer for bedding, comprising:
an irradiation chamber;
at least one narrow spectrum light for emitting into said chamber;
a bedding support mounted for reciprocation within said chamber between a first terminal position proximate a base of said chamber and a second terminal position part way between said base of said chamber and a top of said chamber.

19. The sanitizer of claim 18 wherein said top of said chamber comprises a backstop to impede any bedding on said bedding support from moving above said top of said chamber while said bedding support reciprocates, such that said any bedding is compressed between said reciprocating bedding support and said backstop when said bedding support moves toward said backstop.
20. The sanitizer of claim 19 further comprising a fan for circulating air within said irradiation chamber.
21. The sanitizer of claim 20 wherein walls of said chamber are embossed to impart turbulence to air circulated in said chamber.
22. The sanitizer of claim 21 wherein said bedding support is mounted proximate its periphery on screws that are threaded along a portion of their length in order to define said first terminal position and said second terminal position.
23. The sanitizer of claim 22 wherein each of said screws is threaded with a first spiral thread and a second spiral thread, said first spiral thread meeting said second spiral thread at an inner end of said screw which is part way between said base of said chamber and said top of said chamber, said first spiral thread and second spiral thread arranged such that a direction of tracing that traces said first spiral thread toward said inner end of said screw traces said second spiral thread away from said inner end of said screw.
24. The sanitizer of claim 23 further comprising at least one motor for driving said screws in said direction.
25. The sanitizer of claim 24 wherein said bedding support comprises a lifting assembly surrounding each of said screws, each lifting assembly supported by a thread of said screw so that rotation of said screws in said direction causes said lifting assemblies to trace one of said first spiral thread and said second spiral thread.
26. A method a method of operating a multi-floor facility having beds comprising:
 - bringing a portable sanitizer to a floor of said multi-floor facility;

after departure of a user of a bed in a room on said floor of said facility, removing used bedding from the bed;

sanitizing said used bedding using said portable sanitizer to obtain sanitized bedding; and

making up said bed with said sanitized bedding,

wherein said used bedding comprises at least one of a blanket, a pillow, and a bedspread.

27. The method of claim 26 wherein said sanitizing using said portable sanitizer comprises irradiating said used bedding.